

Biblical Fasting Kit

Second Edition

Thank you for purchasing the *Biblical Fasting Kit*! I'm thrilled that you desire to make the most of the spiritual discipline of fasting.

This digital kit includes the following:

- ❖ This welcome letter
- ❖ Mini Guide:
 - Purposeful Fasting Tips
 - 8-Point Fasting Strategy
 - Fasting Heart Check
 - Yield to God Verses & Declarations
- ❖ Reusable Worksheets (Electronically Fillable)
 - My Fasting Strategy
 - Calendar
 - Prayer Needs
 - 5-Day Fasting Reading & Reflection Plan
- ❖ Fasting Wall Art
- ❖ Fasting Phone Wallpaper
- ❖ Yield to God Verse Cards

You have permission to use the *Biblical Fasting Kit* on your own device or print for your own individual use. If you'd like to share the kit or make copies for someone else, you would need to purchase an additional copy for each person.

If you have a printer, I suggest printing the verse cards and wall art individually on card stock (or laminating them) for extra durability.

If you don't have a printer, I've provided an **electronically fillable option**. You can type directly on the document, and it will automatically save.

Especially for the Reusable Worksheets, consider using your **local library to print** for only a few cents per sheet. Some libraries offer the service for free. I purposely made them a separate file for this purpose. It is only 5 pages double-sided, so it won't cost that much.

Or if you want more options and don't mind paying a bit more, you can use an office supply store's **professional print services**. You can upload the file online, choose your options, and pick it up or have it delivered.

My prayer is that the Biblical Fasting Kit will help you with every fast you participate in because the kit is reusable! To **reuse the kit**, simply print a new copy.

Or if you're using the electronically fillable option, you would need to delete your old entries after you've used all the worksheets. Then you have a fresh kit ready to go.

Ok, great! Let's get started!

Keep thriving,
Kelly



Kelly R. Baker

P.S. **Please leave a review!** If you could spare a few minutes, would you leave a review for me and let me know what you thought about the *Biblical Fasting Kit*?

Every review helps the shop, and I'd love to hear your thoughts. Please leave a review **here on the Live Yielded Shop**.

